

# Tewksbury Senior Center

## Senior Moments

175 Chandler Street • Tewksbury, MA 01876

P: 978-640-4480 F: 978-640-4483

January 2015

Volume 07 Issue 1

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### A Message From Council on Aging Director

Ashley Stuart, MS, LSW

A happy and healthy New Year to all of you! We all know that with the New Year comes snow and ice and increases our risk of falls. By following these nine simple steps you can keep yourselves and loved ones safer this winter. 1.) Be sure to wear correct footwear, that are not worn out and still provide good traction on the heels and soles. 2.) Keep the sidewalks and driveways clear. 3.) Be sure the steps leading up to the house are in good repair and are not weak or wobbly as they will be even more difficult to navigate in the bad weather. 4.) Take your time when moving from one location to another and to step carefully when you can't tell if the path is clear. 5.) Be sure all walkways have a steady handrail. 6.) Eat foods or take supplements that will keep your bones strong to prevent breaks. 7.) Stay active all year to maintain the muscles that will help you to move freely and maintain balance on all walking surfaces, especially ice. 8.) Do not to be afraid to ask for help if needed. 9.) Prepare for a fall. Who will you call? How will you get to a phone? Share these tips with family and friends so that you and your loved ones can be safer this winter. ~ Ashley

### Important Telephone Numbers for Seniors:

Ambulance	911
Alzheimer's Association	1-800-548-2111
American Cancer Society	1-800-227-2345
American Diabetes Association	1-899-342-2383
American Red Cross	www.redcross.org
Community Teamwork	978-459-0551
Elder Abuse Hotline	1-800-922-2275

### Elder Services of the Merrimack Valley

**1-800-892-0890** (Call this # to report Elder Abuse)

MA Office of Elder Affairs	1-800-882-2003
Medicare	1-800-633-4227
MCPHS Pharmacy Outreach Prog.	1-866-633-1617
Social Security	1-800-772-1213
Tewksbury Fire Department	978-640-4411
Tewksbury Food Pantry	978-858-2273
Tewksbury Police Department	978-640-4385

**Meet the Newest Member of Staff at the Senior Center:** Hello, my name is Shannon Sullivan the new Sanitarian for the Tewksbury Board of Health. Previously I worked at Partners HealthCare working for Mass General and Brigham and Women's Hospital. I received my Bachelor's degree in Community Health at the University of Massachusetts Lowell. I have grown up in Tewksbury and currently still reside in town. I am thankful for this opportunity and looking forward to meeting everyone!

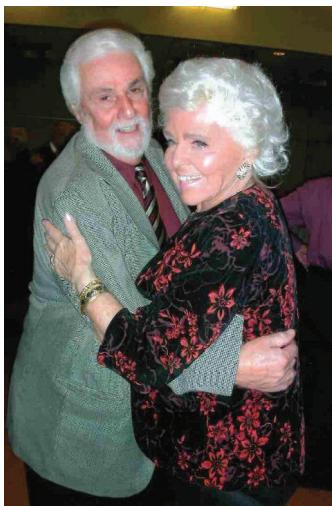
A special thank you to the Executive Office of Elder Affairs for supporting our newsletter.



### **Volunteer of the Month** **Celene Aghajanian**

You may have seen her with a bow, wreath or glue gun in her hand because Celene is the unofficial decorator of the Senior Center. She dedicates countless hours shopping for supplies, constructing and then hanging beautiful decorations for each season throughout the Center. Celene also participated in this year's Applefest Fair at Tewksbury High School, where a portion of the proceeds were donated back to the Center. Celene is a receptionist at the Senior Center every Tuesday and greets each and every visitor that comes through the door with a smile. And she is always willing to lend a hand when needed. And lastly, as some of you may or may not know... Celene makes the BEST desserts!

**Some photos from the Christmas Dinner & Dance that took place on Friday December 12th...**



### **SNOW SHOETING AT THE TEWKSBURY COUNTRY CLUB**



**When:** Fridays 11AM– 12PM

Starting January 23rd if there's snow. If not, then February 6th

**Where:** Tewksbury Country Club (Meet in the parking lot near the 1st tee)

**Why:** To make winter fun, to get fresh air and to keep moving!



*A sincere thank you to **Rose McKenna** for her many, many years of continued service to the Council on Aging Board, most recently as Chair. Your countless hours of dedication have not gone unnoticed!! We would also like to use this time to welcome new COA Board members: Patty Sasso, Arlene Wright & Kathy Walsh!*

### **DO YOU REALLY KNOW HOW MUCH YOU ARE EATING?**

Special guest Myron Bix is going to share his weight loss experience using *My Fitness Pal*

**When:** January 21<sup>st</sup>

**Time:** 9-10AM

**Where:** Senior Center Library



Rose McKenna



**Council on Aging- (978) 640-4480**

**Ashley Stuart, MS, LSW**  
Council on Aging Director  
astuart@tewksbury-ma.gov

**Jan Conole**  
Senior Clerk Secretary  
jconole@tewksbury-ma.gov

**Bob Noel**  
Maintenance

**Council on Aging Board Members:**

Virginia Desmond- Vice Chair  
Joan Unger- Clerk  
Joel Deputat- Treasurer  
Joanne Aldrich  
Marie Durgan  
Peg Keefe  
Paul McNaught  
Lorene Patch  
Patty Sasso  
Melissa Johnson— Recording Secretary

**Board of Health- (978) 640-4470**

**Lou-Ann Clement, CHO**  
Director of Public Health  
lcclement@tewksbury-ma.gov

**Diane Joy**  
Senior clerk secretary  
djoy@tewksbury-ma.gov

**Sarah Kinghorn, BSN, R.N.**  
Public Health Nurse  
nurse@tewksbury-ma.gov

Welcome to new Sanitarian  
**Shannon Sullivan**

**Veteran Services- (978) 640-4485**

**Lisa Downey**  
Veteran Service Officer  
vets@tewksbury-ma.gov

**\*\* Prizes for Our Readers \*\***

Some intentional and maybe not so intentional mistakes have been made in this month's newsletter. Find one and you'll be entered into a raffle to win a prize.

If you find a mistake see Jan to enter your name.

Winners from the last 2 months are:

**Claire Trudeau & Noreen Arcand**

Come claim your prize!!

**A Letter From The Editor**

*Submitted by Marilyn Hebert*

(January 15, 1919-April 4, 1968) Martin Luther King was an American pastor, activist, humanitarian and leader in the African-American Civil Rights Movement. He is best known for his role in the advancement of civil rights using nonviolent civil disobedience and his Christian beliefs.

A Baptist minister, King became a civil rights activist early in his career. He led the 1955 Montgomery Bus Boycott and helped found the Southern Christian Leadership Conference (SCLC) in 1957, serving as its first president. With the SCLC he led an successful struggle against segregation in Albany, Georgia in 1962 and organized non-violent protests in Birmingham, Alabama that attracted national television news coverage of the brutal response. He also helped organize the 1963 March on Washington, where he delivered his famous "I Have a Dream" speech. There he established his reputation as one of the greatest orators in American history. He was awarded the Nobel Peace Prize for combating racial inequality through nonviolence in 1965.

In 1968 he was planning a national occupation of Washington, D.C. to be called the Poor People's Campaign, when he was assassinated on April 4th in Memphis, TN. His death was followed by riots in many U.S. cities.

King was posthumously awarded the President's Medal of Freedom and Congressional Gold Medal. Martin Luther King Day was established as a holiday in numerous states beginning in 1971, and as a federal holiday in 1986. A memorial statue was opened to the public at the National Mall in 2011.

A special **thank you to Jeanne Papageorgiou** who generously donated the cross stitch house that was displayed on the piano during Christmas. Jeanne's Parents Alice and Ron Boudreau spent many hours creating this wonderful masterpiece.

A special **thank you also to Ron Giglotti** who donated many of the village houses in his wife Linda's memory. These beautiful houses were displayed at the Center during the holidays.

Thank you to all of the individuals and organizations that compose articles for this newsletter. We just ask that you submit them no later than the 15th of the previous month and keep them short & sweet. Thanks! READERS: We are always looking for new and interesting material to include in our newsletter.

If you are interested in submitting an item for an upcoming newsletter please see Ashley. Happy Writing!

**LIST OF SPECIAL EVENTS**Wednesday December 31<sup>st</sup>

Friends of the Elderly New Years Eve Party  
7PM \$50 Per Person

Thursday January 1<sup>st</sup>

**Happy New Year-** Senior Center Closed

Monday January 5<sup>th</sup>

2-6PM Upscale Intake of Items

Wednesday January 7<sup>th</sup>

7AM Departure for Foxwoods  
9AM – Foot Care Talk  
4PM - Red Hat Board Meeting

Thursday January 8<sup>th</sup>

9:30AM Parkinson's Support Group

Friday January 9<sup>th</sup>

Sons of Italy Dance  
After Christmas Dance 7-11PM

Monday January 12<sup>th</sup>

12:30PM Cootie Party \$4 per person

Tuesday January 13<sup>th</sup>

10AM – Diabetes Academy

Thursday January 15<sup>th</sup>

*Newsletter Submissions Due*

Friday January 16<sup>th</sup>

7PM Silvertones Dance \$10 per person

Monday January 19<sup>th</sup>

**Martin Luther King Holiday-** Senior Center Closed

Wednesday January 21<sup>st</sup>

9-10AM Myron Bix Talk in Library  
12:30PM COA Board Meeting  
6PM Red Hat Re-gift

Thursday January 22<sup>nd</sup>

9AM – 3:30PM Foot Care Clinic  
9:30AM Parkinson's Support Group

Friday January 23<sup>rd</sup>

7PM Fred Manzi Dance \$10 per person

Monday January 26<sup>th</sup>

11:30AM DJ Jon Afternoon Dance  
\$6 p/p, advanced reservations include lunch

Tuesday January 27<sup>th</sup>

9:30 – 11AM Jim Miceli Office Hours

**NOTICE:** *There are no MS Support Group Meetings this month*

**Red Hat News**

*Submitted by Ginny Desmond*

**Happy New Year to All**

May this New Year bring you a fresh start. It is like a whole new page in the book of life. We can write our own stories for the future. Take a moment to think about where and what we want for the New Year. Then set a plan to achieve that wish.

**Who am I?**

I grew up in Malden – I was a yellow girl at Malden Hospital. (A yellow girl was a Nurse's Aide). I took care of patients. I married at 17 to the love of my life and had 3 children. I was very active in the Malden Congregational Church. I stayed at home to help the family.

I did sewing at home, I would go to (The Boston Leader), an elite dress shop. I copied their dresses and made them at home. I used recycled clothes. I began skiing at 12 years old. In 1971 I taught at Nashoba and then became co-Director. I worked there for 43 years. I am now active at the Tewksbury Congregational Church. I am an Emblem Club past President and also on the Committee for The State Emblem Club. I am still sewing. I am a Reiki Instructor since 2011.

**Upcoming:**

We will be meeting January 21<sup>st</sup> from 6 to 10PM. Wrap a gift that you received that you would like to re-gift.

February 19<sup>th</sup> is our Red Hat 11<sup>th</sup> Anniversary

*Who am I? Answer: Jean Metcalf.*

**Friends of the Elderly, Inc.**  
*Submitted by Linda Brabant*

It is hoped that everyone had a wonderful holiday season this past December. The Friends would like to thank those people that helped with the Annual Christmas Dinner and the New Years Eve Dinner Dance.

The Friends Christmas Drawing winners will be posted on the Senior Center Bulletin Board located across from the GAC office.

Many thanks to those who donated items for the drawing.

The next Friends of the Elderly Event will be the Annual Valentine's Dance that will be held on Friday, February 13, 2015 beginning at 7:00 PM. Tickets are now available and can be purchased at the door. Music will be provided by the Perfect Match Band. The Friends will be celebrating those Special Tewksbury Couples who have been married 50 years or more and have never been a guest at a previous Valentine's Dance. If you are such a couple or know of a couple, please contact Linda Brabant at 978-851-4243. We would love to have you as our guests. It is asked that you contact Linda by February 5<sup>th</sup>.

The January casino trip to Foxwoods will take place on Wednesday, January 7<sup>th</sup>. There may still be some seats available. The following month it will also be a Foxwoods day trip which will take place on Wednesday, February 4<sup>th</sup>. Casino trip costs are \$30 per person. The trips include motor coach transportation, a casino package and driver gratuity. Casino trip ticket sales begin at 8:15 AM on the Monday following the last casino trip.

A Healthy & Happy New Year to All!

**GAC News**

*Submitted by Rose McKenna*

Another Christmas! The tree was bought, spent many happy hours decorating and then the presents under the tree. If you have little ones around like I do, just to watch their happy expressions as they help to decorate and then open gifts is worth a million. So now that we have watched the year 2015 come in with a big hurrah, we can all settle down and enjoy the rest of winter which is ahead of us with the beautiful white snow and before you know it spring. We would like to thank everyone that donated to our Veterans Drive the last few months.

Our Golden Age club Christmas party was a great success. We had many happy people win our beautiful gifts. A great big thank you to all of you that donated beautiful baskets and gifts for our raffle table. Thank you also to everyone that donated toys so that some of our less fortunate children in Tewksbury could have a wonderful Christmas.

We have a wonderful bunch of people in our club. Just ask them for help and they are right there for you. THANK YOU! Also a great big THANK YOU to our wonderful entertainment committee that take months preparing all this and it all falls into place beautifully.

The winners of the raffle prizes are:

The Wreath- Jean Porter

The 5-in-1- Mary Chase


The profits from this party will be used towards our School Scholarships.

Hope you all had a very Merry Christmas and a Happy New Year celebration and hope the New Year will be a happy and healthy one for you and your family. The next Golden Age Club meeting will be January 13 @ 12:30. Come on down and after the meeting you could stay and join the fun in playing Zingo.


**JOIN US FOR A PRESENTATION...**



**WHAT:** A Talk about Foot Health  
**WHO:** Sarah Kinghorn BSN, RN  
Tewksbury Public Health Nurse  
Certified Foot Care Nurse  
**WHEN:** January 7th, 9:00AM-10:00AM  
**WHERE:** Senior Center Library

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<p>The <b>Snooti Patooti Gift Shop</b> is open 10AM-4PM,</p> <p>The <b>Upscale Consignment Shoppe's</b> hours remain 11AM– 3PM, M-Th &amp; 9:30AM-11:30PM on Fri</p>		<p>The Billiards Room is open daily from 8am-4pm.</p> <p>There is a <b>Pool Tournament</b> with other centers every Wednesday, from 9:30AM– 12PM</p>		<p><b>New Year's Eve</b></p> <p><b>No Activities</b></p>		<p><b>Happy New Year 1</b></p> <p><b>Senior Center Closed</b></p> 		<p>8:30 Walking Club 9:30 Bone Builders #3 12:30 International Mah Jong</p>	
<p>9:00 Forever Fit 9:30 Men's Yoga 9-11 VNA Nurses Clinic 10:15 Therapeutic Yoga 12:40 Bone Builders #2 1:00 Bunka Embroidery 2:00 Bone Builders #1 3:30 Gentle Yoga</p> <p>2—6 Upscale Intake Night</p>		<p><b>5</b></p> <p>8:30 Tai Chi 8:45 TOPS Weigh In/ Mtg. 9:45 Mov'n &amp; Grov'n Exercise 10:00 Wood Carving 11:30- 4 Piecemakers for Charity 12:45 Zingo 1:00 Independent Painting</p>		<p><b>6</b></p> <p>7AM Departure to Foxwoods 8:15 Bone Builders #3 9:00 Arts &amp; Crafts 9:00 Quilting 9:30 In-house Pool Tournament 9:30 Men's Mind &amp; Muscle 10-12 Town Nurse Office Hours 10:30 Country Line Dance Class 12:30 Cribbage 12:30 Mah Jong 12:30 Stained Glass 12:40 Bone Builders #2 2:30 Gentle Yoga 2:30 45's 4:00 Red Hat Board Meeting</p>		<p><b>7</b></p> <p>9:00 Diet Workshop 9:00 Men's Group 9:30 Parkinson's Support Group 9:30 Wii Bowling League 9:30 Traditional Line Dance 10:30 Body Works 12:30 Experienced Yoga 12:30 Whist 1:00 Bunka Embroidery 2:00 Bone Builders #1 2:30 45's</p>		<p><b>8</b></p> <p>8:30 Walking Club 9:30 Bone Builders #31 12:30 International Mah Jong 7:00 PM—After Christmas Dance sponsored by the Sons of Italy</p>	
<p>9:00 Forever Fit 9:30 Men's Yoga 9-11 VNA Nurses Clinic 10:15 Therapeutic Yoga 12:30 Cootie Party \$4 pp 12:40 Bone Builders #2 1:00 Bunka Embroidery 2:00 Bone Builders #1 3:30 Gentle Yoga</p>		<p><b>12</b></p> <p>8:30 Tai Chi 8:45 TOPS Weigh In/ Mtg 9:45 Mov'n &amp; Grov'n Exercise 10:00 Diabetes Academy 10:00 Wood Carving 11:30- 4 Piecemakers for Charity 12:30 GAC Meeting and GAC bingo after meeting 1:00 Independent Painting</p>		<p><b>13</b></p> <p>8:15 Bone Builders #3 9:00 Arts &amp; Crafts 9:00 Quilting 9:30 Inhouse Pool Tournament 9:30 Men's Mind &amp; Muscle 10-12 Town Nurse Office Hours 10:30 Country Line Dance Class 12:30 Cribbage 12:30 Mah Jong 12:30 Stained Glass</p>		<p><b>14</b></p> <p>9:00 Diet Workshop 9:30 Wii Bowling League 9:30 Traditional Line Dance 10:30 Body Works 12:30 Experienced Yoga 12:30 Whist 1:00 Bunka Embroidery 2:00 Bone Builders #1 2:30 45's</p>		<p><b>15</b></p> <p>8:30 Walking Club 9:30 Bone Builders #3 12:30 International Mah Jong</p> <p>7:00 PM Silvertones Dance</p>	
<p>9:00 Forever Fit 9:30 Men's Yoga 9-11 VNA Nurses Clinic 10:15 Therapeutic Yoga 12:30 Cootie Party \$4 pp 12:40 Bone Builders #2 1:00 Bunka Embroidery 2:00 Bone Builders #1 3:30 Gentle Yoga</p>		<p><b>16</b></p>							



		* Newsletter Submissions Due*			
		12:40 Bone Builders #2 2:30 Gentle Yoga 2:30 45"s			
<b>Martin Luther King Day</b>  <b>Senior Center Closed</b>  	<b>19</b>	8:30 Tai Chi 8:45 TOPS Weigh In/ Mtg 9:45 Mov'n & Grov'n Exercise 10:00 Wood Carving 11:30- 4 Piecemakers for Charity 12:45 Zingo 1:00 Independent Painting	<b>20</b>	8:15 Bone Builders #3 <b>9:00</b> Diet Talk in Library 9:00 Arts & Crafts 9:00 Quilting 9:30 Inhouse Pool Tournament 9:30 Men's Mind & Muscle 10-12 Town Nurse Office Hours 10:30 Country Line Dance Class 12:30 Cribbage 12:30 COA Meeting 12:30 Mah Jong 12:40 Bone Builders #2 6PM- Red Hat Regift Catmobile in Parking Lot	<b>21</b>
	<b>26</b>	9:00 Forever Fit 9:30 Men's Yoga 10:15 Therapeutic Yoga 11:00-1:00 VNA Nurses Clinic 12:00 DJ Jon Mansfield Dance 12:40 Bone Builders #2 1:00 Bunka Embroidery 2:00 Bone Builders #1 3:30 Gentle Yoga	<b>27</b>	8:30 Tai Chi 8:45 TOPS Weigh In/ Mtg 9:30-11 Rep Jim Miceli Office Hrs 9:45 Mov'n & Grov'n Exercise 10:00 Wood Carving 11:30- 4 Piecemakers for Charity 12:45 Zingo 1:00 Independent Painting	<b>28</b>
	<b>29</b>	9:00 Diet Workshop 9:00 Men's Group 9:30 Wii Bowling League 9:30 Traditional Line Dance 10:30 Body Works 12:30 Experienced Yoga 12:30 Whist 1:00 Bunka Embroidery 2:00 Bone Builders #1 2:30 45's	<b>30</b>	8:30 Walking Club 9:30 Bone Builders #3 11AM- 12PM Snowshoeing TCC 12:30 International Mah Jong	<b>31</b>

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**HUGS***Submitted by Rose McKenna*

What's so great about hugs????

- There is no such thing as a bad hug – only good ones and great ones
- They're not fattening and they don't cause cancer or cavities.
- They're all natural – with no preservatives, artificial ingredients or pesticide residue.
- They're cholesterol free, naturally sweet, 100% wholesome, and they're a completely renewable natural resource.
- They don't require batteries, tune-ups or x-rays.
- They're non-taxable, fully returnable and energy efficient.
- They're safe in all kinds of weather, in fact, they're especially good for cold or rainy days.
- They're exceptionally effective in treating problems like bad dreams or the Monday Blahs.

Sooooooo..... Never wait until tomorrow to hug someone you could hug today.

**FIND THE CAREER OF YOUR DREAMS**

F	U	R	N	M	M	K	B	P	F	F	B	Y	T
O	R	N	O	O	A	N	L	R	R	K	S	A	Q
Y	R	E	D	T	K	A	O	U	E	O	I	J	E
C	P	E	H	E	I	R	H	M	T	T	C	U	E
T	L	M	R	C	I	D	T	B	N	C	Y	D	S
A	R	T	I	S	T	U	E	E	I	O	O	G	R
I	A	T	T	E	L	U	D	R	A	D	S	E	U
L	P	I	L	O	T	M	B	F	P	C	B	A	N
O	W	L	R	E	M	R	A	F	E	R	H	W	M
R	E	R	E	T	A	C	I	N	A	H	C	E	M
R	A	O	I	G	F	J	R	B	A	H	C	L	R
A	I	Y	I	T	A	G	E	K	S	G	N	D	E
O	L	A	W	Y	E	R	O	T	C	A	E	E	C
E	B	M	E	C	A	R	P	E	N	T	E	R	R

ACTOR

ARTIST

BAKER

BARBER

BUTCHER

CARPENTER

CATERER

CHEF

DENTIST

EDITOR

FARMER

FLORIST

JUDGE

LAWYER

MANAGER

MASON

MAYOR

MECHANIC

NURSE

OPTICIAN

PAINTER

PILOT

PLUMBER

TAILOR

TEACHER

TELLER

WELDER

**My goal for 2015 is to accomplish the goals of 2014 which I should have done in 2013 because I promised them in 2012 and planned in 2011.**

**Happy 2015!**

**Cribbage Results***Submitted by Kay Maher*

The winners of the past 15 weeks are as follows:

1<sup>st</sup> place – Jim Trites

2<sup>nd</sup> place – Jim McPhillips

3<sup>rd</sup> place – Dot McPhillips

We play every Wednesday at 12:30PM. Everyone welcome. After cards we have coffee and deserts.

**The January Blues**

It's the month after Christmas  
And What to my  
Wondering eyes should appear  
But 10 extra pounds on my  
Hips, Thighs, and Rear

We are looking for a volunteer to help Maria water the plants at the Senior Center. If you are interested please see Jan or Ashley. This would be a 1x/week commitment. Thank you to Chris Cabral for your many years of service!!!



**MVNP (978) 686-1422**

[illegible]

**All meals served with margarine & 1% milk.**



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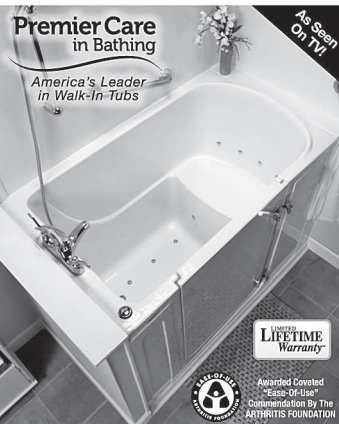


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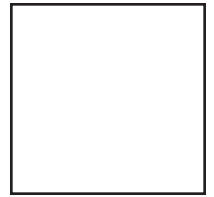
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